

CLUB CHAMPIONSHIPS FLOOR ROUTINES

STAGE 3 DEVELOPERS

FLOOR ROUTINE A – DIFFICULTY VALUE 2.00

Skill	Key Points
Handstand Forward Roll	Starting with arms at ears and toe pointed, lunge step into kick to stretched handstand position shown at vertical before beginning roll phase, smooth transition into tucked roll shape, no hands used to stand out of roll
Cartwheel ¼ Turn – Backward Roll to Front Support	Connection required between elements; arms and legs straight throughout cartwheel, ¼ turn completed into backward roll phase, straight arms maintained in backward roll, chest dished and ears squeezed into front support position
Splits	Can be front or box split; hips fully square, knees pressed straight, toes pointed, arms lifted to show position for 3 secs
Full Spin	Starting from lunge prep position, arms must lift above head into spin, push high on toe, spin leg must lift and hold against standing leg, turn must be fully completed into landing position with arms extended to sides
Round Off	Using a strong hurdle action, hands in correct t-shape position on floor, feet snap down together, push chest up simultaneously through shoulders into a rebound bounce to a controlled landing
Straddle OR Split Jump	Must be performed from standing start, not from Round Off rebound; arm swing into takeoff, high jump height, legs tight & straight into minimum 130° split, arms extended to sides, landing with feet back together

FLOOR ROUTINE B – DIFFICULTY VALUE 2.50

Skill	Key Points
Backward OR Forward Walkover	Starting with arms at ears and toe pointed, straight arms & legs throughout, showing split handstand position through vertical, fluidity & control during movement, finishing upright in balance with arms back at ears
Split Jump OR Split Leap	Must achieve a minimum of 130° split to be credited, with legs straight and toes pointed, arms pulled back & to the side, chest upright, landing with control
Backward Roll to Front Support	Can be from tuck or straight leg entry, but straight arms must be maintained throughout; legs stay together through roll phase into landing position, chest dished and ears squeezed into front support position & shown upon landing
Straddle Lever OR Pike Lever	From L-sit or straddle sit, no rock or roll into lever; lever hold must be for 3 secs, feet held above hips with straight legs and hips clear of the floor
Japania Swimthrough	Starting from straddle sit with arms at ears, lower forwards into japania fold, keep knees turned upright throughout and toes pointed, move hips forward through box splits, bring legs together behind body into front lie
Round Off – Back Flip	Strong hurdle into Round Off, correct t-shape hand position, snapping feet down together along with chest up into rebound, good length achieved in back flip with tight straight legs and controlled rebound bounce upon exit into landing

CLUB CHAMPIONSHIPS VAULTS

STAGE 3 DEVELOPERS

VAULT OPTION A – DIFFICULTY VALUE 2.00

Skill	Handspring Flatback to 90cm Landing
Vault Setup	10-12m run up to springboard + 90cm crash mats
Key Points	Fast run, arm circle into two-footed takeoff from the springboard, heels drive to reach handstand position, legs tight & together throughout, pushing through straight arms into flight to land flat on back

VAULT OPTION B – DIFFICULTY VALUE 2.50

Skill	Handspring Vault
Vault Setup	18m run up to springboard + Vault Table at 1.00m
Key Points	Fast run, arm circle into two-footed takeoff from the springboard, heels drive towards vertical, legs tight & together throughout, block through straight arms off table, maintain tight body shape in flight, prepare for and hold landing

COMPETITION RULES

In Stage 3, all gymnasts perform routines on 4 apparatus: Vault, Bars, Beam & Floor. They get one attempt at their Bars, Beam & Floor routines, with two attempts at Vault. Only their best score on vault will be counted in the results.

The start value for each routine is 10.00 + the difficulty value of the routine performed. Judges deduct marks for execution errors, such as wobbles, bent legs or falls.

Placings are awarded for the top 6 gymnasts on each apparatus + overall ranking. The scores from all 4 apparatus are totalled together to produce an all-around score.



Gymnasts will compete against others of the same age & ability. Club Champions will be crowned in the following age categories:



8yrs
(born 2017)

9yrs
(born 2016)

10yrs
(born 2015)

11-12yrs
(born 2013-14)

13yrs+
(born 2012+)

CLUB CHAMPIONSHIPS BEAM ROUTINES

STAGE 3 DEVELOPERS

BEAM ROUTINE A DIFFICULTY VALUE 2.00	BEAM ROUTINE B DIFFICULTY VALUE 2.50
Mount: Jump to Front Support lift leg over to straddle sit – swing to stand	Mount: Squat OR Straddle On
Caterpillar hold 2 secs	Cat Leap knees must both reach chest height
Arabesque hold 2 secs	½ Spin spin leg in passé position
Straight Jump – Straight Jump must be connected – not rebounding	Cartwheel OR Back Walkover
Kick to Handstand legs must join near vertical	Wolf Jump shape must be parallel with beam
Dismount: Round Off OR Handspring	Dismount: Round Off OR Handspring

CLUB CHAMPIONSHIPS BAR ROUTINES

STAGE 3 DEVELOPERS

BAR ROUTINE A DIFFICULTY VALUE 2.00	BAR ROUTINE B DIFFICULTY VALUE 2.50
from springboard Float Swing – drop to land	from standing at low bar Circle Up to Support
step up to low bar Circle Up to Support	immediate Cast to Horizontal
immediate Cast to Horizontal	into Backward Hip Circle
into Backward Hip Circle	Squat On – Jump to Catch High Bar
dismount: Forward Circle OR Undershoot	Swing x 3 drop to land under the bars